

4341 SPYRES WAY, MODESTO



JUNE 2022

BIOSPORT'S NEWSLETTER

WHAT'S INSIDE?

IN THE SPOTLIGHT:

-MANUAL THERAPY

~HELLO SUMMER!

~KNEE PAIN

TIP OF THE MONTH:

-TIPS FOR SUMMER HEALTH

RECIPE OF THE MONTH:

LEMON CREAM CAKE: GREEK LEMONOPITA

WHAT'S NEW AT BIOSPORT?

TESTIMONIALS



The One on One Approach!



CALL TODAY AT

209-524-7488!

BIOSPORTPHYSICALTHERAPY.COM



MANUAL THERAPY: The Hands-On Way to Treat Pain!

Our therapists at BioSport Physical Therapy are highly trained medical professionals. They use manual therapy to help reduce swelling, decrease restriction, mobilize joints and increase your range of motion. They use a variety of techniques that help move your tendons, ligaments and joints in ways that relieve pain and promote healing. Your plan of care may include soft tissue massage, mobilization and manual traction.

Call us today for your evaluation at
209-524-7488!



Reduces swelling!

Mobilizes joints!

Relieves pain!

Increases range of motion!

Promotes healing!

Our physical therapists have received extensive training in specialized manual therapy techniques. It is an amazing tool in their toolbox that allows them to mobilize stiff joints and soft tissue.



Hello ☀️ Summer!

Time for Cardio!

One of the things our therapists hear a lot is that many people don't have time for cardio. In the summertime, it is easier to find activities you can do that count for your cardio workout. Just like at our clinic, do activities in short 10 minute increments. 30 minutes a day will seem like a piece of cake!

Try some of these activities that allow you to get your heart rate up and that are fun:

- swimming
- biking or skating
- hiking
- walking along the beach
- mountain climbing
- dancing
- Gaming Apps:
(Ingress, Pokemon Go or Jurassic World Alive)



The One on One Approach!

Our therapists can help create a plan of care for strengthening that includes cardio activities.

Call BioSport today at 209-524-7488 for your appointment!



KNEE PAIN SLOWING YOU DOWN? DON'T IGNORE YOUR PAIN.

Knees work in conjunction with your hips. They make up a combination of weight bearing joints that must function together in harmony in order for your body and posture to function properly.



BIOSPORTPHYSICALTHERAPY.COM

Call BioSport Physical Therapy at **209-524-7488** to get a comprehensive evaluation. Our therapists will create a 'one on one' plan of care to support your individual needs.



BIOSPORT PHYSICAL THERAPY-"THE BEE'S KNEES" OF THERAPY!



Tips for Summer Health



Keep cool and stay safe! Wear breathable clothes, add a hat and glasses. Wear sunscreen too!



Transform activities into exercise. Walk in the park or on the beach, take a bike ride or a swim!



Drink 8 oz. of water per day! Helps to avoid injuries and Fuels your activities!



Stay cool! Extreme heat and activity do not allow you to be your best.

Disconnect awhile! Give your brain a rest and enjoy your day outside or on a trip.



Eat berries for antioxidants. They help prevent tissue damage and reduce age-related diseases.



Get plenty of sleep. Keep a consistent sleeping routine.



Add Vitamin B Complex and C to your diet for greater amount of physical energy. Don't forget sunscreen!





BioSport
PHYSICAL THERAPY
The One on One Approach!


Recipe of the Month: Lemon Cream Cake: Greek Lemonopita


Ingredients:

 **For the Cake:**
~4 whole eggs
~³/₄ C granulated sugar
~1 tsp vanilla extract
~¹/₄ tsp salt
~¹/₂ C olive oil
~1 C milk, warm
~¹/₄ C lemon juice
~T lemon zest
~2 ¹/₂ C flour
~2 T baking powder

 **For the Pastry Cream:**
~4 C whole milk
~¹/₂ C cornstarch
~1 and ¹/₂ C granulated sugar
~¹/₄ tsp salt
~8 egg yolks
~¹/₂ C of heavy whipping cream
~3 tsp pure vanilla extract

 **For the syrup:**
~3 C granulated sugar
~2 to 2 ¹/₂ C water
~peel of a lemon
~¹/₄ C lemon juice

 **For the Whipped Cream:**
~1 C heavy whipping cream
~¹/₄ C confectioner's sugar
~zest of a lemon

 **Garnish Options:**
~lemon slices
~ground pistachios
~sliced almonds



Directions:

Make the cake: Preheat oven to 350 degrees

In the bowl of a tabletop mixer that has been fitted with the whisk attachment, add eggs, sugar, salt, and vanilla extract. Whisk over high speed until thick and fluffy. 3-5 minutes

In a small bowl, combine the flour, baking powder, and lemon zest. Whisk them together. Add the olive oil and milk to the egg mixture and whisk together until combined. Add the lemon juice and whisk together. Add the flour mixture in 2-3 parts and whisk on low speed until incorporated.

Transfer the batter into a greased 9 X 13 inch baking pan. Bake the cake on the center rack for 30 minutes or until a toothpick that has been inserted in the center comes out clean.

Poke holes all over the cake using the toothpick and pour the cooled syrup over the cake. Set aside to cool for at least an hour.

Make the syrup: Combine the sugar, water, lemon peel, and juice in a saucepan. Bring it to a boil and when the sugar has melted, remove it from the heat and set aside to cool completely.

Make the pastry cream: Combine the milk with half of the sugar in saucepan, and cook it over medium heat until steaming hot. Combine the egg yolks, remaining sugar, cream, and whisk together. Transfer the mixture back to the saucepan and cook over medium heat while whisking it constantly until thickened. Pass the cream through a strainer that has been placed over a large bowl. Cover the cream with plastic to prevent a skin from forming and set aside to cool.

The pastry cream can be chilled in the refrigerator up to 2 days. Whisk it together until smooth before spreading it on top of the cake.

Make the whipped cream:

In the bowl of a table top mixer that has been fitted with the whisk attachment, combine the cream, sugar and lemon zest. Whisk on high speed until thick and fluffy. Transfer the whipped cream into a pastry bag that has a large star tip in it.

Assemble the Cake: Spread the pastry cream on top of the cake in a smooth even layer. Slice the cake into 12 servings. Pipe a cream rosette on top of each slice. Garnish with lemon slice or nuts.



What's New At BioSport?

We have new technicians, interns and volunteers that have joined our team! They are assisting our PTs/PTAs as they gain experience for their future endeavors. They are interested in learning more about physical therapy and patient care. We want to thank all of our technicians and students for their time, passion and giving spirits!



**Morgan-
Technician**

Knowledgeable!



Caring!



Team Player!



**Moises-
Volunteer**



Friendly!



Smart!



Kind!



**Gilbert-
South College**



Alyssa- UOP

www.biosportphysicaltherapy.com

Call us
today at
209-524-7488!



BIOSPORT AT THE NUTS GAME



BIOSPORTPHYSICALTHERAPY.COM



Call or text us today for your comprehensive evaluation at 209-524-7488!



FUN TIMES WITH THE TEAM!





BIOSPORT CELEBRATES
ALYSSA RODRIGUEZ
EMPLOYEE OF THE MONTH-MAY



ALYSSA IS A RECENT GRADUATE OF BEYER HIGH SCHOOL HERE IN MODESTO AND IS A FUTURE STUDENT OF STANISLAUS STATE UNIVERSITY. SHE HAS PLAYED SOFTBALL SINCE SHE WAS 10 AND LOVED PLAYING FOR THE PATRIOTS. SHE WAS OFTEN AROUND PHYSICAL THERAPISTS DUE TO HER AND HER MOTHER'S INJURIES. SHE WAS IMPACTED BY HOW MUCH THEY WANTED TO HELP HEAL HER AND CURE HER INJURIES. AT COLLEGE, SHE PLANS TO MAJOR IN PSYCHOLOGY OR BEGIN STAN'S WONDERFUL NURSING PROGRAM! BEFORE WORKING AT BIOSPORT, SHE WORKED AS A SERVER IN HER HOMETOWN OF SAN FRANCISCO DURING HER LAST YEAR OF SCHOOL AND HOPED FOR A CHANGE IN CAREER PATHS. THAT IS WHEN SHE WAS INTRODUCED TO THE BIOSPORT TEAM AND HAS FELT AT HOME EVER SINCE!

IN HER FREE TIME, SHE LOVES TO PAINT ANYTHING A PAINTBRUSH CAN TOUCH AND PLAY MUSIC. SHE CAN CURRENTLY PLAY THE PIANO AND HAS BEEN LEARNING HOW TO PLAY GUITAR AND BASS GUITAR. ONE OF HER MANY GOALS FOR THE NEXT FEW YEARS WOULD BE TO HAVE AN OPPORTUNITY TO CREATE A MURAL THAT EXPRESSES THE LOVE AND ADMIRATION SHE HAS FOR HER CULTURE.

SHE LOVES HELPING PATIENTS EXPERIENCE A GREAT ENVIRONMENT HERE AT BIOSPORT AND LOOKS FORWARD TO HELPING IN ANY WAY SHE CAN.

WWW.BIOSPORTPHYSICALTHERAPY.COM



**Call for your
 evaluation
 today at
 209-524-7488!**

HAPPY BIRTHDAY



Shivam



Bhavik



Andy



Ravi

Congrats to our Ravindra for getting accepted to IOT, FRESNO! We will miss you! Can't wait until you come back to BioSport! We wish you the best!

LET'S CELEBRATE

